



Abstracts of the
**9th International Organisation of Physical
Therapy in Mental Health Conference
IOPTMH 2022**

Editor:
Stavros Stathopoulos

ATHENS, GREECE
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2022
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**Physiotherapy
in Mental Health
What's next?**

Organized by:



Greek scientific section
"Physiotherapy in mental health"

PanHellenic Physiotherapists'
Association

2022

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Stavros Stathopoulos
(Editor)

*Abstracts of the 9th International Organisation of
Physical Therapy in Mental Health Conference
(IOPTMH 2022) May 4-6, 2022*

Organized by
International Organisation of Physical Therapy in Mental Health
and Greek Scientific Section "Physiotherapy in Mental Health"
of PanHellenic Physiotherapists' Association

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(IOPTMH 2022) May 4-6, 2022

Editor

Prof. Stavros Stathopoulos

Coordinator, Greek Scientific
Section Physiotherapy in Mental
Health Greece / PanHellenic
Physiotherapists' Association

Conference Organizer

International Organisation of Physical Therapy in Mental Health
and Greek Scientific Section "Physiotherapy in Mental Health" of PanHellenic Physiotherapists' Association

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About the Conference

Dear Colleagues,

Isocrates -not Socrates-, one of the most important orators of Classical Greece, who lived in Athens from 436 to 338 BC, stated that:

Πειρώ τω μὲν σώματι εἶναι φιλόπονος, τῇ δὲ ψυχῇ φιλόσοφος.
(You should try to be diligent about the body and a philosopher about the soul).

As Chairman of the Organizing Committee of IOPTMH 2022 Conference and as Coordinator of the Greek scientific section “Physiotherapy in mental health” of PanHellenic Physiotherapists’ Association, it was my great pleasure to participate at the evolution of this conference from the beginning until final day in Athens, Greece in May 4-6, 2022.

It is the biannual conference of the International Organization of Physical Therapy in Mental Health (IOPTMH), we answered with success to the question: *Physiotherapy in mental health; what’s next?*

The highly qualified scientific program, the reputable presenters and the venue altogether form a powerful motivation for both physiotherapists and other mental health professionals to attend this conference.

The ninth Edition was characterized by many innovations such as:

1. The proposed fields were primarily based on ICD-10 and according to W.H.O.’s suggestions.
2. The “voice of patients” was acquainting us with the beliefs and experiences of individuals suffering from mental disorders enhancing person-centered care.
3. The hybrid manner (physical presence and online monitoring) of the conference helped remote speakers and interested colleagues, who was not be able to travel to Athens that period, to participate and to connect to the global community.

In conclusion, Athens, the place that dialectical science was developed, was also the place that we share our ideas, our questions, but above all was the place to share our state of the art knowledge of physical therapy in mental health.

Yours truly,
 Stavros Stathopoulos
 Chair of Organizing Committee
 Coordinator of the Greek scientific section “Physiotherapy in mental health”

Conference Committee

Organizing Committee (OC)

Chair

Stathopoulos, Stavros, PT, Greece

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Georgakopoulos, Evangelos, PT, Greece

Mastoras, Nikolaos, PT, Greece

Mitsikaris, Georgios, PT, MSc Greece

Patsiris, Stephanos, PT, MSc, PhD candidate, Greece

Scientific Committee (SC)

Chair

Chatzidamianos, Theodoros, PT, PhD, Greece

Members

Canales, Janette Z., PT, PhD, Brazil

Catalán - Matamaros, Daniel, PT, PhD, Spain

Danielsson, Louise, PT, PhD, Sweden

Gálvez Olvera, Norma Elisa, PT, MSc, Mexico

Montoya Hurtado, Olga Lucia, PT, Msc, Colombia

Nyboe, Lene, PT, PhD, Denmark

Sfetsioris, Dimitrios, PT, PhD, Greece

Staub, Cristina, PT, PhD, Switzerland

Van Damme, Tine, PT, PhD, Belgium

Venigalla, Sumanth Kumar, PT, PhD, Singapore

Vera - Salazar, Roberto, PT, Msc, Chile

Yamamoto, Taisei, PT, PhD Japan:

Zambo - Andersen, Ellen, PT, PhD, USA

Conference Schedule

Wednesday May 4, 2022

14:00 - 14:20	Welcome and meeting colleagues
14:20 - 15:50	ORAL PRESENTATION I Chairs: Chalari, Efthymia (<i>Greece</i>), Papatsimpas, Vasileios (<i>Greece</i>) Present from OP-01 to OP-09
16:00 - 16:45	Workshop I Yoga for Relaxation & Health for People with Psychiatric Conditions. Zambo - Anderson, Ellen (<i>USA</i>)
16:45 - 17:00	<i>Coffee break</i>
17:00 - 17:30	KEYNOTE SPEAKING: Long COVID-19
17:30 - 18:00	Lessons learned from the COVID-19 Pandemic. Speaker: Stokes, Emma (<i>Ireland</i>) Chairman: Chatzidamianos, Theodoros (<i>Greece</i>) Opening remarks Stathopoulos, Stavros <i>Chair of the Organizing Committee of 9th IOPTMH Conference 2022</i> Stokes, Emma <i>President World Physiotherapy</i> Catalán - Matamoros, Daniel <i>President of IOPTMH</i> Chatzidamianos, Theodoros <i>Chair of the Scientific Committee of 9th IOPTMH Conference 2022</i> Lymperidis, Petros <i>President of the Panhellenic Physiotherapists' Association</i> Rapti, Zoi <i>Deputy Minister for Mental Health</i>
18:00 - 18:30	KEYNOTE SPEAKING: New Technologies in Mental Health
	The future of the use of technology in Mental health/ The benefits and barriers innovating regarding the use of technology in Mental health. Speaker: Gkouvas, Nikolaos (<i>Greece</i>) Chairman: Chatzidamianos, Theodoros (<i>Greece</i>)
18:30 - 19:00	KEYNOTE SPEAKING: The Institutional Approach
	Physiotherapy in Mental Health: Challenges for the future. Speaker: Probst, Michel (<i>Belgium</i>) Chairman: Chatzidamianos, Theodoros (<i>Greece</i>)
19:00 - 19:45	Workshop II (WKS02) - Entrustable Professional Activities in PTMH Beker, Esther (<i>Netherlands</i>) Slootweg, Linda (<i>Netherlands</i>)

Thursday May 5, 2022

09:45 - 10:30	Workshop III (WKS 03) - Physiotherapy guidelines for patients with eating disorder Probst, Michel (<i>Belgium</i>)
10:30 - 11:00	KEYNOTE LECTURE I I took the road less traveled by and that has made all the difference. Speaker: Vancampfort, Davy (<i>Belgium</i>) Chairman: Chatzidamianos, Theodoros (<i>Greece</i>)
11:00 - 11:30	KEYNOTE SPEAKING: The patients voice Mental health & well-being: what your patients are thinking. Speaker: Nomidou, Katerina (<i>Greece</i>) Chairman: Chatzidamianos, Theodoros (<i>Greece</i>)
11:30 - 12:40	ORAL PRESENTATIONS II Chairs: Patsaki, Irini (<i>Greece</i>) Patsiris, Stephanos (<i>Greece</i>) From OP-10 to OP-16
12:40 - 13:40	<i>Lunch Break</i>
13:40 - 14:00	KEYNOTE LECTURE II Physiotherapy in mental health and Chronic Pain. Speaker: Ryan, Deirdre (<i>Belgium</i>) Chairman: Chatzidamianos, Theodoros (<i>Greece</i>)
14:00 - 15:00	Session I Chairs: Skjærven, Liv - Helvik (<i>Norway</i>) Van Damme, Tine (<i>Belgium</i>)
14:00 - 14:15	The International Clinical Master in Basic Body Awareness Methodology. A post-graduate study programme in Mental Health Physiotherapy. Catalán - Matamoros, Daniel (<i>Spain</i>)
14:15 - 14:30	Basic body awareness therapy in clinical practice - reflections here-and-now and for the future. Danielsson, Louise (<i>Sweden</i>)
14:30 - 14:45	Research in the frame of Basic Body Awareness Therapy - research questions, possibilities and challenge. Nyboe, Lene (<i>Denmark</i>)
14:45 - 15:00	Clinical Models Serving as Maps for Mental Health Physiotherapy Approaching the movement awareness domain - Theory Development in Basic Body Awareness Therapy (BBAT). Skjærven, Liv - Helvik (<i>Norway</i>)

15:00 - 16:00	Session II Chairs: Canales, Janette Z. (Brazil), Staub, Cristina (Switzerland)
15:00 - 15:15	Toward Cellular and Metabolism Hallmarks in Mental Disorders. Focus on the Link Between Obesity, Depression and Alzheimer's Disease. Vera - Salazar, Roberto (Chile)
15:15 - 15:30	The meaning of movement quality in autism - specialized physiotherapists' experiences in a phenomenological study. Bertilsson, Ingrid (Sweden)
15:30 - 15:45	Access to physical therapy services for people with dementia/cognitive decline during the COVID-19 pandemic. Rosa, Marlene (Portugal)
15:45 - 16:15	Coffee break
16:15 - 16:35	KEYNOTE LECTURE III
	Assessment of the Impact of Pandemic COVID-19 on the Mental Health of Patients with Rheumatic Diseases. Results of the REUMAVID study. Speaker: Garrido - Cumbreira, Marco (Spain) Chairman: Chatzidamianos, Theodoros (Greece)
16:40 - 18:00	ORAL PRESENTATIONS III Chairs: Christakou, Anna (Greece), Vera-Salazar, Roberto (Chile) From OP-17 to OP-25
18:00 - 18:20	KEYNOTE LECTURE IV
	Physiotherapy's role in mental health of people with chronic pain. Speaker: Makri, Souzi (Cyprus) Chairman: Chatzidamianos, Theodoros (Greece)
18:30 - 20:00	G.A. IOPTMH

Friday May 6, 2022

10:00 - 11:00	Session III Chairs: Bournousouzis, Elefterios (Greece), Sfetsioris, Dimitrios (Greece)
10:00 - 10:15	Early Mobility: a preventing strategy to Post Intensive Care Syndrome. Patsaki, Irini (Greece)
10:15 - 10:30	Lifestyle as a holistic path to the future Staub,Cristina (Switzerland)
10:30 - 10:45	The Process of Establishing the Mental Health Subgroup in Italy. Mazzarotto, Deborah (Italy)
10:45 - 11:00	The effects of daily movement and sitting time on sleep and health in elderly. Vanderlinden, Julie (Belgium)
11:00 - 11:20	KEYNOTE SPEAKING: Health politics and economic on physiotherapy in mental health The impact of COVID-19 on quality of life and mental health in 8 countries across the globe. Speaker: Yfantopoulos, John (Greece) Chairman: Chatzidamianos, Theodoros (Greece)
11:20 - 12:20	Session IV Chairs: Fordham, Lauren (UK), Rozenbergs, Didzis (Latvia)
11:20 - 11:35	Is sound therapy the key to efficiency stress management? Stathopoulos, Stavros (Greece)
11:35 - 11:50	Psychological issues in sport injury physiotherapy rehabilitation. Christakou, Anna (Greece)
11:50 - 12:05	Sleep for a happy tomorrow. Staub, Cristina (Switzerland), Vanderlinden, Julie (Belgium)
12:05 - 12:20	Prevalence of persistent postoperative arm pain after breast cancer surgery and the association with functionality and disability of the affected upper limb. Michael - Vargiamidou, Polyxeni (Cyprus)
12:25 - 13:25	Lunch break
13:30 - 14:00	KEYNOTE SPEAKING: The Media perspective Is physiotherapy important to the mental health of citizens? The Media perspective in the European Union. Speaker: Tsaousidou, Isaia (Greece) Chairman: Chatzidamianos, Theodoros (Greece)
14:00 - 15:00	Session V: INTERDISCIPLINARY APPROACH TO MENTALLY ILL Chairs: Stathopoulos, Stavros (Greece), Catalán - Matamoros, Daniel (Spain)
14:00 - 14:10	The role of the psychiatrist in the interdisciplinary team. Gkouvas, Nikolaos (Greece)
14:10 - 14:20	Mental Health & Occupational Therapy: A long-standing relationship. Kouloumpi, Maria (Greece)
14:20 - 14:30	The role of psychiatric liaison nurse in a general hospital. Mangoulia, Polyxeni (Greece)
14:30 - 14:40	The Role of Psychological Skills within Physiotherapy. Paschou, Fani (Greece)
14:40 - 15:50	Comprehensive psychosocial evaluation in the mentally ill. The role of social work in the interdisciplinary approach and in the psychosocial rehabilitation of the mentally ill. Verikaki, Olga (Greece)
14:50 - 15:00	The Role of Psychological Skills within Physiotherapy. Vancampfort, Davy (Belgium)
15:00 - 15:15	Closing ceremony Catalán - Matamoros Daniel (Spain) Stathopoulos, Stavros (Greece)





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